



Sports & Well Being Partnership

To the Lord Mayor, chairperson and members of

The North Central Area Committee

Meeting: 21/2/2022

Sports & Well Being Partnership Report – FEB 2022

Following the lifting of Covid-19 restrictions in late January physical delivery of all Dublin City Sport & Wellbeing Partnership programmes and events is now possible. However DCSWP will continue to observe Sport Ireland advice and ensure a cautious and safe return to support participants. With restrictions only recently lifted please note that at the time of writing this report planning of programmes was still in progress.

Lord Mayor’s 5 Alive 2022

The Lord Mayor’s “5 Alive” challenge will continue over the next period. The Purple Cross Run on 20th March in the Phoenix Park and the DCC/BHAA 4 mile run on 2nd April in St. Anne’s Park, Raheny will complete the challenge for 2022.

Over the next few weeks DCSWP will be linking on with the following major events. Programmes and initiatives in the North Central Area will run in tandem with national and international events across communities and will be promoted across all social media platforms.

February 19th	Operation Transformation 5k Walk /Run Phoenix Park
March	International Women’s Day
March	Women in Sport Week -
March	DCSWP GAGA DAY
April	National Active Schools Week

The launch of DSWP’s Virtual HUB

The official launch of the DCSWP Virtual HUB is imminent. The HUB was initially created to support virtual deliver of the 2021 Change for Life programme and over the past 12 months has undergone development in partnership with Titan Experience. While the Hub will be an invaluable resource in terms of enhancing service delivery, it will not replace face to face programmes in communities. Its purpose will be to promote the work we do, provide up to date information and give platforms to programmes while linking to all DCSWP social media platforms.

Details on all programmes can be found by contacting officers/DCSWP admin staff on the contact details outlined at the end of the report or online at:

- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)
- Dublin City Sport & Wellbeing Partnership Virtual Hub: dcwsphub.ie (official launch TBC in January).
- Email: sports@dublincity.ie

North Central Area Programme Highlights February/March

Older Adults

- The Walking Football males' active retired group programme continues for the next period every Wednesday from 2pm in Rockfield Park, Artane and Monday from 10am in Priorswood Park, Coolock. Programmes are delivered in partnership with North Central area FAI Football Development Officers.
- The Fitness and Flexibility males active retired group programme will continue for the next period every Tuesday from 10.30am in Rockfield Park, Artane. The programme is delivered in partnership with the HSE.
- Aqua Aerobic programmes continue over the next period every Tuesday at 2.15pm and Thursday at 11.15am in Coolock swimming pool (mixed). This programme is aimed at mixed older adults' age 55+ years.
- The Priorswood Pastoral Chair Aerobics programme continues every Wednesday from 10.30am in Priorswood Pastoral Centre.
- The Clontarf Chair Fit programme continues in St. Gabriel's Hall, Clontarf. This programme is aimed at mixed older adults' age 65-80 years.
- The Ballybough Chair Fit programme continues in Ballybough Youth and Fitness Centre. This programme is aimed at mixed older adults' age 65-80 years.

Thrive – Adults with Mental Health Difficulties

The Woodland for Health walking programme is targeted at adults with mental health difficulties age 18+ years (mixed). Walks take place in various locations in the NCA every Thursday from 10am.

Underactive Adults/Communities

- The Get Dublin Walking programme is targeted at adults (mixed). In Artane/Coolock the programme continues every Monday at 10am in McCauley Park and in Edenmore every Monday and Wednesday at 11am in Edenmore Park.
- The Change for Life Dance and Yoga programme is targeted at older adults' age 55+ years (mixed). This programme will be delivered every Thursday in the Artane/Beaumont Recreation Centre.

- The Change for Life Boxercise and Yoga programme is targeted at adults age 18+ (mixed). The programme will be delivered every Tuesday from 7pm in the Artane/Beaumont Recreation Centre.
- Couch to Parkrun 5k programmes have resumed and are delivered in partnership with Athletics Ireland. In the NCA the Couch to Parkrun programme is delivered every Monday from 12.30pm in Maypark, Donnycarney. The programme is targeted at adults' age 18+ (mixed).

The eight week programme supports participants to take up walking or running and build up sufficient fitness levels to complete a 5k walk or run at the conclusion of the programme.

School Programmes (Primary Level)

- In the build up to the citywide primary schools cross-country event in March, DCSWP and Athletics Ireland Officers are working with a number of primary schools across the NCA.
- Dance fitness classes will be delivered in Scoil Íde, Kilmore every Thursday from 10.30am and in Our Lady Immaculate, Darndale every Tuesday from 10.30am.

Youth Fit – Youth at Risk (10-21 years)

Ultimate Frisbee aimed at young people age 12-14 years (mixed) will commence from 1st March and continue every Tuesday in Kilmore Recreation Hall.

DCSWP North Central Area Co-Funded Programme Highlights

Athletics in the Community

Athletics Officers will continue to assist DCSWP Officers in the delivery of school programmes in the lead up to the schools cross-country event in March.

Boxing in the Community

The *Startbox* Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership, represents an ideal way for young people aged 10 – 17 years to first engage with amateur boxing, Ireland's most successful Olympic sport. The Programme is structured into Bronze (non-contact), Silver and Gold phases. The bronze phase focuses on general strength & fitness, method and technique.

Startbox Bronze programmes will be delivered over the next quarter in the following NCA schools:

Primary Level:

- St Eithne's, Edenmore every Thursday from 1pm targeted at females 9-10 years.
- St Malachy's, Edenmore every Tuesday from 1pm targeted at males 9-10 years.
- Our Lady Immaculate, Darndale every Monday from 1pm target at students' age 11-13 years (mixed).

- St. Benedict's & St. Mary's, Raheny every Wednesday from 1pm targeted at students age 8-10 years (mixed).
- St Ciaran's, Donnycarney every Friday from 1pm target at males age 11-13 years.

Secondary Level:

- St Fintan's, Clontarf every Monday from 1pm targeted at males age 15-17 years.

Cricket in the Community

Provincial coaching sessions for young people age 9-18 years (mixed) continue in Clontarf. Schoolyard and Table Cricket (Disability) sessions continue to be delivered in schools across the NCA.

Football in the Community

Football Development Officers continue to support clubs in the area:

- A Safeguarding 1/Best Practice seminar will be delivered online on Monday 28th February from 6.30pm for club members and volunteers in Raheny United and Kilmore Celtic FC.
- PDP 1 Coach Education training will be delivered online on Monday 7th March and Monday 14th March from 6.30pm for club members and volunteers in Trinity, Donaghmede FC.

Football Development Officers continue to engage with schools and clubs in the NCA as part of the grassroots/school to club pathway programme and female development programmes.

Rowing in the Community

The Get Going Get Rowing secondary school indoor programme continues on a citywide basis.

Rugby in the community

Rugby Development Officers continue to engage with schools in the NCA area via the following programmes;

Rugby training in St. David's CBS, Artane aimed at U14 level continues for February and March.

The Aldi Play Tag Rugby programme also continues in the following NCA primary schools:

- St. David's BNS, Artane every Thursday targeted at 5th and 6th class students.
- Scoil Áine GNS, Raheny every Friday targeted at 5th and 6th class students.
- Scoil Assam, Raheny every Friday targeted at 5th and 6th class students.
- St John of God's, Artane every Monday targeted at 3rd – 6th class students.

The Aldi Play programme will conclude in early March with a rugby inter-school blitz in Clontarf RFC

Upcoming Training for 2022:

- Online Safeguarding Training to support compliance in local clubs and organisations Safeguarding 2 & 3 delivered on an on-demand basis.
- Disability & Inclusion and Autism in Sport training programmes delivered in partnership with CARA.
- First Aid/PHECC (pre-hospital emergency care training for adults in the community).

CONTACT DETAILS:

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